ACCUSPLIT® EAGLE™ 1622M4

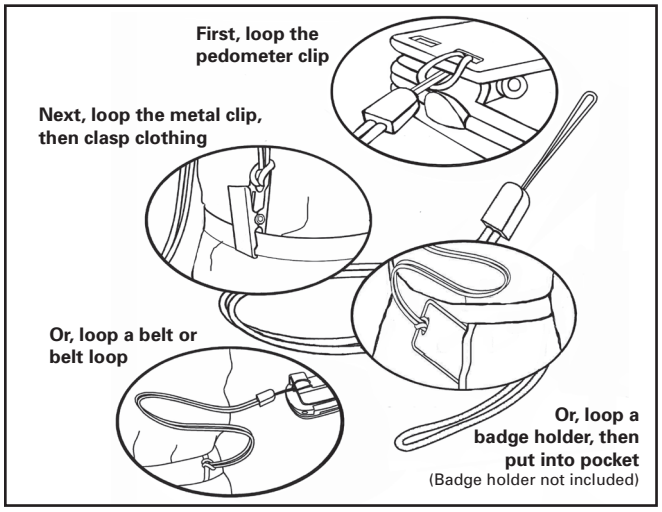
MEMORY PEDOMETER OPERATING INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

WEARING YOUR PEDOMETER

While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.
Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.
The cover must be closed for the pedometer to work. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

Attaching the Leash: Attach the pedometer to the leash by looping the leash around the pedometer belt clip. Next, clasp the waistband of your clothing with the attached metal clip. You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.


First, loop the pedometer clip
Next, loop the metal clip, then clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps. Repeatedly press the aqua MODE button to cycle through the pedometer modes: DAILY STEPS→TOTAL STEPS→ PACE→ GOAL%→ ACTIVITY TIMER→ DAILY STEPS

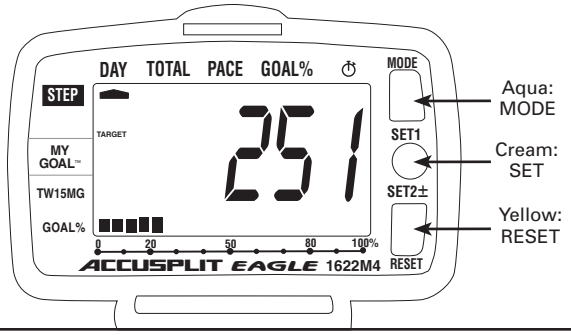
REGISTER NOW Please return your AE1622M4 Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred) _____
User _____
_____
_____

NO-PROOF-OF-PURCHASE LIMITED WARRANTY
See label inside the lid of the pedometer.

DISPLAY MODES

- DAY (Day's STEPS): Counts steps taken since last RESET. Reset daily to count each day's steps.
- TOTAL (Total STEPS): Keeps track of all steps taken, even after Day's STEPs are reset.
- PACE: Mode shows rate of stepping in steps/minutes.
- GOAL%: Visually shows your progress towards today's stepping goal.
- ⏱ (ACTIVITY TIMER): Shows total activity time in minutes and seconds since last reset. The timer runs automatically whenever steps are being recorded.



AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears)

RESETTING YOUR PEDOMETER

Most people prefer to reset step counts daily. To reset: While displaying Day's STEPs, press and hold yellow RESET button for at least two seconds to reset to zero. When displaying Total STEPs, press aqua RESET button for two seconds to reset Total and Day's STEPs to zero.

GOAL SETTING

Your unit is set to a goal of 10,000 steps per day, as recommended by walking experts. To change the step goal, press the aqua MODE button repeatedly until you are in GOAL % mode. Press and hold the cream SET button for 2 seconds to enter setting mode. Display will show you daily step goal (in steps). Press the cream SET button to increase your daily step goal, in 500 step units. Press the yellow RESET (SET2–) button to decrease your daily step goal. Press the aqua MODE button to exit setting mode, or simply wait a few seconds and unit will exit setting mode automatically.

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type LR43 (L1142) 1.5 volt alkaline battery. To replace:

1. Insert a coin into the slot on the bottom of the case, and twist counter-clockwise to loosen the case front. Lift case front away.
2. Using a pen or other thin object, push battery sideways out of its holder. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Align case front over the pedometer and press gently to snap cover back into place, starting with top.

Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

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